

People are drawn to different aspects of yoga... physical fitness, fun, increased performance or mental focus in sports, recovery from illness or injury, relief from physical or emotional pain or stress, philosophy, mediation, or as part of an ethical approach to living a peaceful balanced life.

Asanas or Hatha Yoga

Regular yoga practice creates a state where the body, mind and spirit are in harmony. Breathing and flowing through pose sequences creates a flexible body, enhances your health and fitness, increases vitality and nurtures the nervous system.

Restorative Yoga focuses on restorative poses relieving the effects of chronic stress by

- providing a completely supported environment for total relaxation
- gently move the spine in all directions therefore our well-being is enhanced by a healthy spine
- inverted poses, which reverse the effects of gravity
- simulate and sooth internal organs
- your body is permeated with energy

In restorative yoga, poses are supported by props such as bolsters and blankets and held for a longer period of time. With music and guided thoughts; you connect to your breath quieting the mind, turning up the awareness of breath finding release and relaxation.

This class is usually a two hours and pre-registration is required with instructor as it is limited to six participants.

Chair Yoga

Modified yoga poses completed with the assistance of a chair. Yogis' are usually seated on the chair or standing near the chair for support. The class generally consists of a beginning centering breath, gentle warm up, strengthening and stretching with a closing relaxation.

All ages and abilities are welcomed as clear direction and modifications are provided and individuals are encouraged to work at their own level of ability.

Please see the Candle Lake Parks & Rec Monthly Calendar for the class schedule.